

Session 24: Environment!

ASPIRE PROGRAMME

TIME	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice breaker	Asteroids- Release the balls- or asteroids- and attempt to get other participants into galactic prison (cones set up). Balls must be thrown at below the knee.	BALLS! X20 little, soft, throwable balls Cones x4
10	Loosener/deinhibiter	Have you ever- Everyone standing on a floor spot, one person starts in the middle and asks a question beginning with 'have you ever..?' Anyone who can relate to the question must leave their spot to find another, whoever is left in the middle asks the next question.	Carpet squares/lily pads x12 (1 for everyone in the group minus one)
15	Connect	Hot and not from holidays! Reconnect- clarity and try to identify connection within young people's personal lives.	
30	Main Activity	Recycled art: Junk to joy!- Using craft gear, recycled items/resources and some good old creativity, get the group to either as one large group, in small groups or as individuals, upcycle old 'junk' into 'joyful' gifts!!	-Scissors x4, glue sticks, felt tip pens. -Magazines, newspapers etc. to cut out. OR Miscellaneous objects from \$2 shop
10	Group discussion/debrief	Who are you going to give your gift to? Why? How can something like this affect the way we live on this earth? What significance can it have? Why do you think being aware/conscious citizens is important?	Workbook: Environment!

Purpose: To provide a discussion around the environment- start conversations that can lead to growth.

Activity Briefs:

Asteroids:

Set up cones/establish a boundary. Release the balls- or asteroids- into the middle of the boundary area. Everyone playing is now a galactic trooper, and must attempt to get other participants into galactic prison (cones set up as a prison off to the side). Balls must be thrown at below the knee to be a legal hit.

Equipment: Balls (soft, small, throwable) x20-50. Cones (4 or 8).

Have you ever:

Everyone standing on a floor spot, one person starts in the middle and asks a question beginning with 'have you ever..?' Anyone who can relate to the question must leave their spot to find another, whoever is left in the middle asks the next question. Try to begin with light, funnier questions, and guide it gently towards more serious questions.

Equipment: Floor spots/lily pads (1 for each person minus one).

Recycled art: Junk to joy!:

Using craft gear, recycled items/resources and some good old creativity, get the group to either as one large group, in small groups or as individuals, upcycle old 'junk' into 'joyful' gifts!! There is a wide range of places that offer ideas/instructions for upcycled craft. Check out:

- www.craftgawker.com
- www.wisebread.com
- www.pinterest.com (look at anything on this site!)

If stuck for more ideas, google anything to do with "Upcycling", "recycling", "Craft", or whatever else hipsters are into!

Debrief: Workbook:

Debrief model:

Reflect

-*What happened?* What happened in that activity? What happened for you? Did anything stand out, impact you?

Analyse

- *So what?* Why did it impact you? Why do you think it was so important?

Relate/Apply

- *Now What?* If you had to do this activity again, what would you do differently? How can we use the skills/values from this activity as a group in the future?
How can we see past our own stereotypes for people and treat them as the individuals they are?